

Return To Play Criteria

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New Orleans, 2003

When Can I Return ?

- ✱ Most asked question
- ✱ Guidelines
- ✱ Safety
- ✱ Individualization
- ✱ Risk v benefit

Goals

- ✱ RTP process
- ✱ Evaluation
- ✱ Treatment
- ✱ Rehabilitation
- ✱ Return

RTP Process

- ✱ Chain of command
- ✱ Communication
- ✱ Protocols

Assumptions

- ✱ Safety is primary concern
- ✱ Risks explained
- ✱ Functional capacity evaluated
- ✱ Sport specific requirements
- ✱ Compliance

Evaluation

- ✱ Establish a diagnosis
- ✱ Hx and PE
- ✱ Tests/consultations
- ✱ Psychosocial evaluation
- ✱ Documentation
- ✱ Communication

Treatment

- ✱ Timely
- ✱ Individualized
- ✱ Rehab plan
- ✱ Issues

Rehabilitation

- ✱ Proper techniques
- ✱ Design goals
- ✱ Training
- ✱ Equipment

Return to participation

- ✱ Confirm healing
- ✱ Status
- ✱ Risk
- ✱ Specific skills
- ✱ Readiness
- ✱ Compliance

Conclusion

- ✱ Team physician role
- ✱ Risks -v- benefits
- ✱ Safety
- ✱ Use available resources